

Chicken Parm Rollatini

Food Network Kitchen

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Servings: 4

*1 cup fat-free low-sodium chicken broth
1 clove garlic, thinly sliced
1 can (14.5 ounce) no-salt-added crushed tomatoes
5 or 6 fresh basil leaves, torn into small pieces
Kosher salt
freshly ground black pepper
4 thin (1/8-inch thick, 4 ounces ea) chicken cutlets
1/4 cup chopped fresh parsley
6 ounces (one cup) shredded part-skim mozzarella cheese
1/4 cup grated Parmesan cheese
1/4 cup breadcrumbs
1 large egg white
cooking spray
Polenta (for serving)*

Preparation Time: 20 minutes

Position a rack in the upper third of the oven. Preheat the oven to 450 degrees.

In a skillet over medium-high heat, cook the broth, garlic, tomatoes and basil, stirring occasionally, until thickened, about 15 minutes. Season with salt and pepper. Cover to keep warm.

Season the chicken with salt and pepper. Place smooth-side down on a work surface. Sprinkle with the parsley and mozzarella. Starting at a short end, roll up to enclose the filling. secure with a toothpick.

Mix the parmesan and breadcrumbs in a shallow dish. Beat the egg white in another dish until foamy.

Mist a cast-iron skillet with cooking spray. Dip the chicken rolls in the egg white, then coat with the breadcrumb mixture. Place in the skillet, seam-side down. Sprinkle with any remaining breadcrumbs and mist with cooking spray.

Bake until cooked through, about 20 minutes.

Serve with the tomato sauce and polenta.

Per Serving (excluding unknown items): 30 Calories; 2g Fat (47.1% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 109mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat.